

## LS Ham PotatoOmelet5

Number of Servings: 5 (258.09 g per serving)

Amount	Measure	Ingredient
6 3/4	oz	Pork, cured ham, 96% fat free, low sod, add wtr
5.00	ea	Eggs, whole, raw, lrg
3 1/2	Tbs	Onion, white, fresh, chpd
0.06	tsp	Spice, pepper, black
1 1/8	cup	Milk, nonfat/skim, w/add vit A & D
10 1/2	ea	Cooking Spray, butter flvr, 1/3 sec spray
14 1/2	oz	Potatoes, hash browns, shredded, 80% ckd, iqf
4 1/4	oz	Cheese, cheddar, low sod, shredded

### Nutrients per serving

Nutrition Facts			
Serving Size (258g)			
Servings Per Container			
Amount Per Serving			
Calories 290		Calories from Fat 130	
		% Daily Value*	
Total Fat 15g		23%	
Saturated Fat 7g		35%	
Trans Fat 0g			
Cholesterol 255mg		85%	
Sodium 450mg		19%	
Total Carbohydrate 19g		6%	
Dietary Fiber 2g		8%	
Sugars 4g			
Protein 22g			
Vitamin A 10%		Vitamin C 10%	
Calcium 25%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Spray counter pan(s) with nonstick spray, add potatoes and spray generously. (Use 12X24inch pan for each 24servings)  
Bake in 450 degree oven for 30-45 minutes to brown (stir occasionally).

Dice ham into 1/2 inch pieces. Heat milk so it is hot.

Combine eggs, seasonings and hot milk. Pour over browned potatoes. Sprinkle cheese over top bake at 325 degrees for 1+ hour or until set, 180 degrees F internal end-point temperature. Serve as soon as removed from oven. Cut each pan 4X6 for 24 serv/pan.

Each ~3X4 inch piece = 3 oz protein + 1 vegetable

Each piece = 1 1/2 CS

### Notes

Liquid eggs equivalent to # in recipe may be used.

1 # shredded cheese = ~ 3 1/2 cups

Ham should be 285 mg Sodium or LESS per OUNCE.